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 News worth sharing.

Occupying T.O. from London

- ▶ Londoners plan to play role in Bay Street protest ▶ Demonstrators stress intent to act peacefully
- ▶ Petition urges Toronto police to avoid last summer's G20-like atmosphere of vandalism and mass arrests



**ANGELA
MULLINS**
@METRONEWS.CA

Jo-Anne Bishop is heading north this weekend as more than a frustrated, unemployed mother of two.

Bishop, 38, of London wants to see for herself what Saturday's Occupy Toronto movement is all about. That, plus a little inspiration from a heavy-hitter.

"When I saw the occupy (Wall Street) movement (happening) across the United States ... it took me back to seeing Ralph Nader at UWO in March," Bishop said Thursday. "He said we had to start mobilizing and taking grassroots action."

The action in this case has been described as an attempt to decry the growing gulf between rich and poor and the immense political power wielded by corporate elites.

Other Londoners have also been called to action.

Bishop plans to carpool with at least three people in her van. Neil Hamell expects about a hundred more local faces to be in the crowd outside the Toronto Stock Exchange.

Follow @jo_mAmA

▶ Jo-Anne Bishop plans to stay plugged into social media during Occupy Toronto. You can follow her on Twitter at @jo_mAmA.

The 36-year-old created the Occupy Toronto Stock Exchange — London Ontario Crew group on Facebook, and had picked up about 145 members by Thursday afternoon. Several of the people making the trip will be tagging along on a bus made available through a local labour union, Hamell said.

While Bishop doesn't plan to stay in Toronto longer than one day, Hamell said he and others are in for the long haul. Smaller local rallies and protests are expected to start by next weekend, he said.

Hamell described the income gap between classes as "retarded."

"The poor and the middle class ... have barely moved up any. The rich has moved up a little bit. Then, you have this 1 per cent that has just skyrocketed," he said. "These rich elite that have all the money have been buying and owning everything on the planet."



▶ Jo-Anne Bishop, 38, poses for a photo Thursday outside her London home. Bishop plans to drive herself and three others to Saturday's Occupy Toronto demonstration on Bay Street. At least 100 local people are expected to participate.

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Cancer Care Ontario gets order from watchdog

The province's privacy watchdog is ordering Cancer Care Ontario to stop sending screening reports to doctors in paper format. Information and Privacy Commissioner Ann Cavoukian says the agency must find a more secure method to transfer the results, which contain personal health information.

Cavoukian made the order after a privacy breach involved the personal health information of more than 7,000 people.

THE CANADIAN PRESS



NDP not eager to force election

Ontario's New Democrats said Thursday they aren't eager to force an election but added the minority Liberals must swallow their pride and show they can work with the other parties. "The premier needs to think carefully about the fact that he was given quite a different mandate this time around," said leader Andrea Horwath.

THE CANADIAN PRESS



► Ryan Craven of London shown Thursday outside the Covent Garden Market. Craven is organizing Our Street Community Forum, an event designed to get people to share ideas about making the city more friendly to walkers and cyclists.

A nudge for active transit

► Our Street forum made possible by \$1,000 grant from London Community Foundation ► Runs Monday from 3:30 p.m. to 9 p.m., Wolf Performance Hall



ANGELA MULLINS
@METRONEWS.CA

Ryan Craven has a clear vision of his dream city.

There, bicycle lanes are part of the fabric and pedestrians take precedence over cars.

"(It's) a city where it's as efficient if not more efficient to bike and walk than drive," he said.

With the right amount of planning and community buy in, Craven thinks the dream could very well play out right here in his

"We're not saying the cars shouldn't be there. We're just saying perhaps the streets should be used more equally."

RYAN CRAVEN, OUR STREET COMMUNITY FORUM CHAIRMAN

hometown.

"I think there are a lot of people who want to make London more walkable (and) more bike-friendly they may just not know where or how to share their resources," he said.

Keeping that in mind, Craven is leading the charge on Monday at an event dubbed the Our Street Community Forum.

The forum will bring experts and residents together to talk about how more "active transportation" can be integrated into the city.

Craven hopes the discussion can build on the success of recent Car Free Festivals, which he organized, and can generate some steam for the city's upcoming bike summit.

City officials and other community leaders are doing a good job staying atop of transportation issues, Craven said, citing an increased number of bike lanes and the beauty of the Thames Valley Parkway.

The forum, he said, could serve as just another push in the right direction.

"I want to help propel the cause further and engage the community more in this cause."

For more, check out ourstreet.ca.

Grits to announce new cabinet in minority government

Premier Dalton McGuinty says he'll announce his new cabinet Oct. 20.

The shuffle is a key move to get the legislature back in business after the Liberals lost several ministers in the election.

McGuinty says the cabinet and new government will focus on jobs and the economy, two issues that were also raised as key

priorities by the opposition parties.

Finance Minister Dwight Duncan, who was immediately re-appointed after the election, is also preparing an update on the impact of the global economic downturn on Ontario.

McGuinty has yet to set a date for the update, but has promised it will come

shortly.

Once the Liberal ministers are chosen, the gov-

ernment can move on to nominating candidates for the role of Speaker, who must be elected before the legislature can resume.

The Progressive Conservatives won 37 seats and the New Democrats rose to 17 — leaving the opposition parties with 54 seats.

THE CANADIAN PRESS



► Dalton McGuinty

1

news


As if you needed more incentive to learn a second language, a new study suggests bilingualism keeps Alzheimer's symptoms at bay. Scan code for the story.

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On the web at metronews.ca



RIM's co-CEO takes to YouTube to apologize for the recent BlackBerry service outage. Video at metronews.ca/video



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Street. Strumming



▶ Jake Kondrashov, 21, of London busks Thursday on Dundas Street near Richmond.

ANGELA MULLINS/METRO

Busking to make ends meet

Kondrashov, who said he's homeless, has been hauling his guitar to the downtown core for a couple of weeks to pick up a little cash. "I never ask for money — but I get enough to help me through the day," he said.

Not just about the money

► Fundraiser organized for woman who shut Trails End market booth after transgender employee not welcomed ► Friday event 9 p.m. to midnight

ANGELA MULLINS
@METRONEWS.CA

Jennifer Silcox wants a fundraiser at Lavish Nightclub to be about more than money.

She hopes the event at 238 Dundas St. will make Karen Clarke-McIlwain and Dani Dominick feel accepted.

"(We want to) remind them that there are people who would love to

have them around," Silcox said.

The London woman got the ball rolling on the fundraiser weeks after Clarke-McIlwain was told Dominick, a transgender woman, couldn't staff her Tru 2 You candle-and-incense booth at Trails End Farmers Market.

Ed Kikkert, owner of Trails End, has said having Dominick around threatened the market's family-friendly atmos-

To learn more

For more information about the fundraiser, search for the Tru 2 You event page on Facebook.

phere. Clarke-McIlwain has since closed her booth.

Donations could help Clarke-McIlwain make up for money lost by closing the booth, Silcox said.

They also could be used to help pay for a case the business owner and Dominick have filed with the Ontario Human Rights Commission.

A \$5 cover charge will be requested at the door, but people will be allowed inside if they can't afford to make a donation, Silcox said.

A few people are expected to make short speeches throughout the event.

Grant to prevent LGBT2Q hate crimes

The London Police Service, in partnership with the HBT (Homophobia-Biphobia-Transphobia) Working Group, announced that the HBT group has received a grant

that will be used to enhance reporting homophobic violence and other hate crimes.

The London HBT working group will use this grant to prevent hate crimes to-

ward LGBT2Q (lesbian, gay, bisexual, transgender, two-spirit, queer) community within London, through their anti-hate, anti-bias strategy.

● METRO



\$47,000
Amount of grant for
HBT Working Group.

Knights prepped for busy weekend

MIKE ARSENAULT/FOR METRO

JIM REYNO
@METRONEWS.CA

Every hockey season is a war of attrition, no more so than this weekend. For the first time this season, the Knights play three games in three days.

"Three games in two-and-a-half days, really, because it's an afternoon game on Sunday," London coach Dale Hunter said. "It's the first time for the kids, and we try to prepare them all week."

"You give them a good, crisp practice — but not too long either, because they'll get tired."

To cope with the heavy schedule, Hunter says he plans to take full advantage of the extra players on his roster.

And he who quits, sits. "We've got two guys raring to get in the lineup," said Hunter. "So it's a little competition among the team."

"You want fresh legs in there. So if someone's not playing as well Friday night, they'll be out, another guy will be in."

It's that type of depth that brings long-term success. It's clearly brought success in the short term — London is the top-ranked team in the CHL for the second straight week.

Heading into Thursday's games, the Knights average the most goals per game in the OHL — and that's without a guy in the top 12 scoring leaders. The Knights have seven players averaging at least a



▶ Dale Hunter

point per game.

"We've got four balanced lines, and the D are chipping in," said Hunter, who also credited goalie Michael Houser with the team's success. "It's a battle out there; they're all battling for ice time, which is a good way to be."

"They all want to be on the power play. They all want to be on the ice all the time."

Hockey trifecta

The Knights play three games in three days this weekend.

- **Friday:** London hosts the Erie Otters at 7:30 p.m. at the John Labatt Centre.
- **Saturday:** Knights vs. Guelph Storm, 7 p.m. at the JLC.
- **Sunday:** London visits Sarina for a 2 p.m. tilt against the Sting.
- **Tickets:** Visit londonknights.com.
- **Notes:** There are eight times in the regular season where the Knights play three games in three days.
- Coach Dale Hunter says goaltender Jake Patterson will get his first start this weekend.

PK a work in progress for Knights

The Knights are the top team in the country, so everything's going great, right?

Not quite.

"Our PK's down a bit. We're down in the bottom five of the league," coach Dale Hunter said before a recent practice.

"So we've really going to work on that today and get them all killing and get them on the same page."

Heading into Thursday's games, London is 15th out of 20 teams in the OHL in penalty killing. The Knights kill about 80 per cent of their man disadvantages. The Peterborough Petes have the best PK in the O, at about 91 per cent.

● JIM REYNO

United in protest

- On Saturday, cities around the world will join the Occupy Wall Street movement
- Here's a snapshot of what's happening in Metro cities across Canada

Occupy Vancouver

at Vancouver Art Gallery
"The movement in its core is peaceful," said organizer Min Reyes. "It's not a protest; it's more of a gathering for people to talk and try and figure out how we can change our society."



Occupy Edmonton

at Churchill Square
In a statement, organizers say they are concerned about corporate interests' effect on political institutions and public policy, along with putting profits above the well-being of communities.



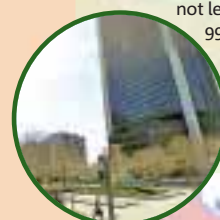
Occupy Winnipeg

at Manitoba legislature building
Organizers say the seven-hour walk through the city's banking district is a call to action against corporate greed, corporate control and Third World living conditions in northern communities.



Occupy Montreal

at Square Victoria
"We will not be moved. We will not leave. We are the 99 per cent," reads the group's website. It advises bringing tents and warm clothes.



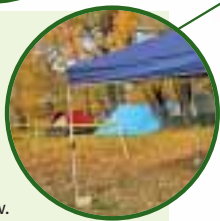
Occupy Ottawa

at Confederation Park
"We're hoping that there will be between 500 to 1,000 out and we can actually engage them in the demand-making process. It is very difficult to align everybody's (points of view)," said Kevin Donaghy, one of the lead organizers, who said he himself will be advocating for greater protection of First Nations lands



Occupy Calgary

at Bankers Hall
Organizers have set up a "safe camp" on St. Patrick's Island, which, as of mid-week, had 50 residents and was continuing to grow. Police plan to bring in more officers if necessary, expressing concern anarchists could infiltrate the rally.



Occupy Toronto

at Financial District
Organizers have been haunted by last year's crackdown on G20 protests. In a petition to Toronto Chief Bill Blair, signatories called on police to respect the rights of demonstrators. "The goal is public safety and facilitation of peaceful protest," responded police spokesman Mark Pugash.



● METRO CANADA/WITH FILES
FROM THE CANADIAN PRESS
PHOTOS: METRO CANADA/
TORSTAR NEWS SERVICE/GOOGLE EARTH

Web can't beat word of mouth for Occupy movement



**LILLO MONTALTO
MONELLA**
LONDON@METRONWS.CA
METRO WORLD NEWS

Forget Twitter. The best way to organize a protest in 826 cities around the world is good, old-fashioned word of

mouth.

Facebook and Twitter appear to be outlets for anti-establishment ranting rather than almighty mass-mobilizing tools.

According to Twitter trends aggregators twopular.com and Twitter-

► A protester rests at a makeshift tent camp in Rome Thursday, in preparation for Saturday's demonstration against the Italian government's austerity package.



Counter.com, #event15october and #globalchange don't feature in the Top 60 global trends of the week. Meanwhile, the official Facebook page for 15october reveals that there are more people who didn't click on the "attendance"

button (338,000) than the would-be demonstrators (some 50,000).

"For these kinds of protests ... it is ultimately up to people to tell their friends to go," said social-media analyst Andrew Girdwood.

Thank You London!

On Sunday, October 2, Canadians in 60 communities across the country participated in Canada's largest single-day, volunteer-led event in support of breast cancer research, education, awareness and advocacy.

Thanks to your commitment and support, \$795,924 was raised locally and over \$30 million was raised nationally to fund relevant and innovative breast cancer research and health promotion initiatives.

Together, we walked, ran, and gave generously towards our vision of creating a future without breast cancer.

Please join us again next year on Sunday, September 30, 2012.
cbcf.org

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Suspected gunman escalates dispute

► Unidentified man stops by Air Canada executive's home with what appeared to be a handgun ► Labour Minister Lisa Raitt closes office after receiving threats

The labour dispute between Air Canada and its flight attendants has taken a menacing turn after a suspected gunman made a late-night appearance near an airline executive's home and the federal labour minister closed her office after receiving threats.

Police are investigating after a man showed up near Air Canada executive Duncan Dee's Ottawa home Wednesday evening with what appeared to be a handgun.

A police spokesman says the man drove up to a private security guard outside Dee's house and showed him what looked like a gun before driving away.

"We responded to a call in that area at around 11:20 last night when a private security guard saw a suspicious male in the area," Const. Marc Soucy told The Canadian Press.

Soucy added that "Nothing was ever said that he was going to kill anybody or do harm to anyone."

Dee is the airline's executive vice president and chief operating officer.

He has been Air Canada's main spokesman during the airline's contract dispute with the union representing its 6,800 flight attendants.

Air Canada was not immediately available for comment.

THE CANADIAN PRESS

Deadly threats

► On Thursday, threats prompted Labour Minister Lisa Raitt to close her constituency office in Milton, Ont., just outside Toronto.

► A note taped to the door did not specify the nature of the threats.

► "Please be advised that due to threats and charges of both a direct and an indirect nature, our office is closed for reasons relating to both personal and public safety concerns," the note said.

For more coverage on the labour dispute, see page 14

Marathon. Runner



► Centenarian Fauja Singh, centre, warms up with fellow runners before a series of races in Toronto on Thursday.

CHRIS YOUNG/THE CANADIAN PRESS

Centenarian keeps on running

One-hundred-year-old Fauja Singh, who hails from Jalendhar, India, but who now lives in London, has set world records at several distances ranging from 100 metres to 1,500 metres. He'll be running in Toronto's Waterfront Marathon on Sunday.

Docs want students CPR-trained

Emergency medicine doctors are calling for a national strategy to help boost the

survival rate of Canadians who suffer a cardiac arrest outside hospital, including

mandatory CPR training for all high school students.

THE CANADIAN PRESS

Second polar bear cub dies at Toronto Zoo

Officials at the Toronto Zoo say a second polar bear cub has died of injuries inflicted by its mother.

A 10-year-old polar bear named Aurora prematurely gave birth to three cubs — two males and a female — on Tuesday night and zoo staff stepped in when she rejected them.

The uninjured male cub remains in the zoo's intensive-care unit under round-

the-clock care and staff say it's hoped he will get stronger.

Polar bears typically give birth in late November and in December, and the zoo says this birth is likely the earliest recorded birth of a polar bear in captivity.

Female polar bears den at the start of winter and nurse their newborns for several months before

► A staff member feeds a newborn male polar bear cub at the Toronto Zoo on Oct. 11.



KEN ARDILL/TORONTO ZOO/THE CANADIAN PRESS

emerging with their surviving cubs in the spring. Aurora is still on exhibit in the Tundra Trek at the zoo with her twin sister Nikita and a male bear named Inukshuk.

The Toronto Zoo is involved in a collaborative research project involving multiple zoos to understand polar bear reproductive biology.

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FPS games dumb the brain: Study

► Shooter images change our view of violence: Experts

KARIN WATESON
OTTAWA@METRONews.CA
METRO WORLD NEWS

Your mother warned you: Rough-and-tough video games may make you laugh off violence in real life.

Now new scientific research into first-person shooter games confirms that they do change how we regard gruesome acts of violence.

Psychologists and neurologists in a University of Bonn study discovered that brain-activity patterns in heavy gamers radically differ from those of non-gamers.

The German researchers analyzed the effect on the

15

Those gamers chosen for the study played first-person shooter games for 15 hours a week on average, while the control group had no experience of violent video games.

brain of images from first-person shooter games — in which the player experiences the action through the eyes of the shooter.

The experts scanned the brain activity of gamers and non-gamers while showing harrowing and gruesome shots of accident

and disaster victims.

Both groups responded with similarly strong emotions, but the frontal lobes that control fear or aggression were less activated in gamers.

"Both groups reacted strongly to the photos," says Dr Christian Montag, lead author of the study.

"But while the control group down-regulates their feelings, the gamers do not need to down-regulate because their initial response was not as high.

Montag added: "(First-person-shooter players) do not respond as strongly to the real, negative-image material because they are used to it from their daily computer activities."

Protest. A stomach upset



► Pregnant women let their tummies do the talking as they join a protest rally outside a public hospital in Manila on Thursday.

AARON FAVILA/THE ASSOCIATED PRESS

Fat Britain must trim 5 billion calories

British health officials say the country's obesity epidemic has an easy fix: people should just eat less.

The department of health said Thursday most adults in the nation of 60 million people are eating about 10 per cent more calories than necessary.

To stop the bulging waistlines, officials said, the country needs to collectively trim five billion calories from its daily diet.

But in a slightly confusing twist, the government also issued new calorie recommendations that are about 100 calories higher than the last figures in 1991.

Men are now allowed to eat about 2,605 calories of food every day while for women, it's 2,079.

THE ASSOCIATED PRESS

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JIN LEE/THE ASSOCIATED PRESS



► Raj Rajaratnam, co-founder of Galleon Group LLC, arrives at U.S. Federal Court for sentencing yesterday in New York.

Hedge-fund executive sentenced to record term for insider trading

► Extensive use of wiretaps helped white-collar case

A former billionaire described by the U.S. government as "the modern face of illegal insider trading" was sentenced yesterday to 11 years in prison, the longest insider trading sentence ever but far short of the two decades sought by prosecutors.

Galleon Group founder Raj Rajaratnam also was fined \$10 million U.S. and ordered to forfeit \$53.8 million by U.S. District Judge Richard J. Holwell, who said he concluded that Rajarat-

nam made well over \$50 million in profits from his illegal trades.

The sentence eclipsed by one year the prison term given to one of Rajaratnam's co-defendants just weeks ago.

The Sri Lanka-born Rajaratnam, 54, was ordered to report to a yet-to-be-designated prison on Nov. 28. His lawyers asked that he be allowed to report to the medical facility at the Butner Federal Correctional Complex in North Carolina,

where Bernard Madoff is serving his 150-year sentence after admitting to a multi-decade pyramid scheme that cheated thousands of people out of billions of dollars.

The judge gave Rajaratnam leniency, citing his need for a kidney transplant and his advanced diabetes. He also credited Rajaratnam's charitable work to help victims of Sept. 11 and the earthquake in Pakistan.

THE ASSOCIATED PRESS

Canadian trade deficit widens

Canada's merchandise trade deficit widened in August as import growth outpaced exports in response to softening U.S. demand and a strong loonie, but analysts saw a positive side to yesterday's report from Statistics Canada.

The raw numbers were mildly negative and in line with expectations following a big ex-

ports surge in July. Merchandise imports grew 0.7 per cent, while exports rose 0.5, taking Canada's trade deficit to \$622 million in August from a downwardly revised \$539 million in July.

But the most important development, said economist Peter Hall of Export Development Canada, was the agency's revision of export growth in July to 4.6 per cent, from 4.1. That takes the sting out of much of August's retrenchment, he said.

THE CANADIAN PRESS

China's trade growth slows amid global weakness

China's export growth fell in September in a sign of the West's malaise and a setback for hopes Chinese demand will help prop up a shaky global economy.

Export growth fell to 17.1 per cent over a year earlier, customs data showed yesterday. China's trade surplus also narrowed to \$14.5 billion U.S.

THE ASSOCIATED PRESS

► Air Canada flight attendants and their supporters protest outside Federal Labour Minister Lisa Raitt's constituency office in Milton, Ont., on Thursday.



Union actions unfair: Air Canada

► Labour unions accuse Harper government of 'trampling' workers' rights

Air Canada demanded compensation Thursday from the union representing its 6,800 flight attendants, accusing it of bargaining in bad faith.

The airline, which did not specify how much it was seeking, said the Canadian Union of Public Employees did not do enough to encourage the ratifica-

tion of two tentative deals that were negotiated but later rejected.

In the unfair labour practice complaint to the Canada Industrial Relations Board, Air Canada accused the union of increasing its demands during its latest round of bargaining and misrepresenting what its members would accept.

"CUPE made these representations to Air Canada without having conducted any formal surveys of its membership," the airline said.

Jeff Taylor, president of the Air Canada component at CUPE, said he believed the deal reached with the airline, under the threat of back-to-work legislation,

was the best one possible.

"We had a great deal, but under the circumstances we were bargaining under, with the legislation hanging over our heads, realistically here we are," Taylor said. "My members clearly said it still wasn't enough and they have the right to do that and I respect them for that." **THE CANADIAN PRESS**

Buffett to show taxes?

Warren Buffett is bringing his fight to raise taxes on the super-wealthy to Congress' deficit-reduction supercommittee.

In an exchange of letters between the billionaire investor and a Republican congressman that Buffett sent the committee this week, Buffett is offering to release his federal tax returns — with a condition.

"If you could get other ultra-rich Americans to publish their returns along with mine, that would be very useful to the tax dialogue and intelligent reform," Buffett wrote.

The letters were among

several sent in recent days to the special bipartisan panel created this summer to find ways to reduce the mushrooming national debt by at least \$1.2 trillion over the coming decade.

The same law that produced the supercommittee gave Congress' regular committees until Friday to submit suggestions for erasing red ink. Some have indicated that rather than offering dramatic new ideas for savings, many lawmakers are championing longtime favourite proposals and urging the panel to avoid cutting certain programs.

THE ASSOCIATED PRESS

Google gliding by recession

Worries over another global recession haven't shaken Google. The online search and advertising leader's third-quarter earnings, released Thursday, are the latest reminder of how it has

used its position as the Internet's dominant gateway to build a business that endures economic turbulence. Investors showed approval as Google's stock price surged six per cent. The stock climbed \$33.37 to \$592.36 in extended trading. **THE ASSOCIATED PRESS**

News in brief

York MBA at No. 9 on list

EDUCATION. Toronto's Schulich School of Business is the top-ranked Canadian institution in an international ranking of MBA programs compiled by The Economist.

The York University school was No. 9 in the British magazine's annual ranking, putting it ahead of five other Canadian schools that offer

university-level business degrees. **THE CANADIAN PRESS**

New oilfields for North Sea

INVESTMENT. Four oil companies say they have won British government approval for a \$7.1-billion US investment in developing a major oilfield in the North Sea. BP, Shell, ConocoPhillips and Chevron are partners in the plan to install two new bridge-linked platforms in the Clair field, west of the Shetland Islands.

THE ASSOCIATED PRESS



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RIM backs its delay

BlackBerry services returned to normal Thursday after four days of global outages, but the maker of the smartphone faces a new set of challenges as it tries to clean up a public-relations headache.

Research In Motion's two co-CEOs — Mike Lazaridis and Jim Balsillie — emerged from more than three days of silence to answer questions and apologize again about the biggest outage in the Canadian company's history.

RIM offered only a few updates while a growing number of BlackBerry users turned to their Facebook and Twitter accounts to express their frustrations.

The company has about 70 million BlackBerry subscribers worldwide, and while the technical glitches did not affect everyone, discontent spread fast.

RIM has now stepped in to territory, commonly known as crisis management. Balsillie defended RIM's decision to wait until

► A camera woman films the offices of RIM, the makers of BlackBerry, in Slough, England, on Wednesday.



the problems were nearly fixed before coming out publicly in a bigger way. He said they will now address BlackBerry users.

That attitude may have worked in the past, but

with the rise of social media, the urgency of major companies to address customers' concerns has reached a new level, say some observers.

THE ASSOCIATED PRESS

Ongoing dispute

- The union cancelled the strike Wednesday after dispute was referred to the CIRB, effectively quashing the job action.
- More than 100 flight attendants continued to protest at Montreal's airport Thursday.
- Workers are angry about the airline's plans for a discount carrier that would require lower wages for new hires and the company's position on pensions and other work issues.

Market moment

TSX



+ 154.4
(12,029.96)

Dollar



+ 1.01¢
(98.30¢ US)

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- \$0.24US
(\$85.57 US)

Natural gas

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\$3.489
(- 12.70¢)

Gold

\$1,682.60
(+ \$21.60)

MATT DUNHAM/THE ASSOCIATED PRESS

FOOTLOOSE! KICK OFF THE SUNDAY SHOES!

THE METRO LIST

NEIL MORTON
METRO



1 Footloose remake: Starting Friday, you gotta cut loose, footloose, kick off the Sunday shoes, because the remake of 1984's music drama Footloose

is out. It's about a big-city kid who moves to a small town where rock music and dancing have been banned. So ... please, Louise, pull me off of my knees! Jack, get Mack, come on before we crack! Lose your blues, everybody cut footloose!

2 Save a high school: PCVS, a historic downtown high school in Peterborough, Ont., founded in 1827 that counts Lester B. Pearson, Sean Cullen, Serena Ryder and Jim Balsillie as alumni, is fighting through public protests, petitions and YouTube videos to keep its school alive after the local school board recommended that it close. Shutting down an inner-city arts school with culture and heritage will have a significant impact on the economy and fabric of a downtown in a small city. Forget Footloose, this is real-life drama.

3 Winnipeg Jets: Yes, the Jets are flying again after a 15-year hiatus, with a star-studded home opener against Montreal Sunday night that included our PM, George Stroumboulopoulos, and Jim Cuddy and Chantal Kreviazuk singing the national anthem. The Jets might have lost the game, but they won the nation over and their home crowd of 15,000, which gave them a thunderous ovation at game's end. Welcome back.

4 Ping pong hip: SPiN Toronto, a new 12,000-square-foot basement ping-pong bar in downtown T.O., had its grand opening this week. It's trying to mimic the success of one of the same name (which it's part of) in Manhattan, part owned by Susan Sarandon. SPiN is a place to drink, play ping-pong and socialize. Just watch: The next big fad will be pool tables in every basement in the world. Next to a beer fridge.

5 Ron MacLean's Cornered: The hockey broadcaster icon's new memoir, Cornered, went on sale this week, and offers inside accounts from his early days as a part-time radio announcer and weather forecaster in Red Deer, Alta., to his time hosting Hockey Night in Canada. Sounds promising, but they should have just called it Coach's Corner and let Don Cherry write the prologue and epilogue.

6 Rosie's new crush: Rose O'Donnell is back — four years after leaving The View and a decade since ending her successful daytime talk show — with The Rosie Show, which debuted this week on the Oprah Winfrey Network. Thankfully, it appears she's not resuscitating her infatuation with Tom Cruise. That's so '90s. Apparently her new boy crush is Russell Brand. That's more 2011.

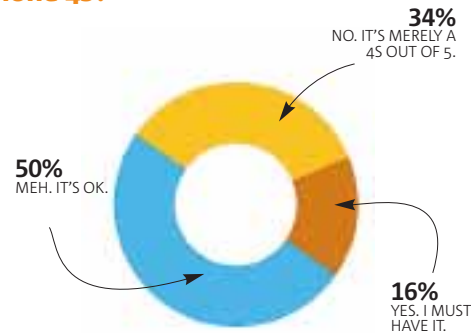
7 Lee Harvey Oswald's lover: Judyth Vary Baker is making a rare public appearance next week in Toronto to mark what would be Oswald's 72nd birthday. Baker, author of Me & Lee: How I Came to Know, Love and Lose Lee Harvey Oswald, has been trying to clear Oswald's name. Her take: Lee was an undercover agent who had penetrated a ring determined to murder president Kennedy and was actually trying to prevent it but instead got framed. So, JFK conspiracy buffs, there you go.

Follow Neil Morton on Twitter (@neilmorton).



Register at
metropolitanpanel.ca
and take the quick poll

Were you impressed with the new iPhone 4S?



Worth Mentioning

She's a 40-year-old mother of eight, with a ninth child due soon. The family homestead in a Burundi village is too small to provide enough food, and three of the children have quit school for lack of money.

"I regret to have made all those children," says Godelive Ndageramiwe.

At Ahmed Kasadha's prosperous farm in eastern Uganda, it's a different story.

"My father had 25 children — I have only 14 so far, and expect to produce more in the future," says Kasadha, who has two wives. He considers a large family a sign of success.

By the time Ndageramiwe's ninth child arrives, and any further members of the Kasadha clan, the world's population will have passed a momentous milestone. As of Oct. 31, according to the UN Population Fund, there will be seven billion people on Earth.

Experts say most of Africa — and other high-growth developing nations such as Afghanistan and Pakistan — will be hard-pressed to furnish enough food, water and jobs for their people.

THE ASSOCIATED PRESS

Germany. Largest Book Fair



Photo of the day

WEIRD NEWS

Seattle superhero appears in court

A self-proclaimed superhero wore a charcoal-coloured mask Thursday as he entered a Seattle courtroom where prosecutors said they hadn't yet decided whether to file charges against him.

Phoenix Jones, whose real name is Benjamin John Francis Fodor, was arrested early Sunday after police say he pepper-sprayed four people who had left a nightclub. Fodor said he

was trying to break up a fight when he was attacked. The club-goers insisted to police they hadn't been fighting.

During the hearing, a court officer asked Jones to remove his mask and he complied. He also wore a superhero uniform under a button-down shirt.

"I decided to make a difference and stop crime in my neighbourhood," Fodor said.

THE ASSOCIATED PRESS



Ben Fodor, a.k.a. Phoenix Jones

Local tweets



- **@London-Trevor:** Every time I turn around I'm hearing about LondonFuse partners doing something amazing in #ldnont I love it!!
- **@SarahMullin:** Starting to feel sad for #ldnont - Put down the guns, help out your neighbours, turn up the music, and change your own world.
- **@reikomclaughlin:** Another fire alarm?! Seriously #uwo #UWOproblems
- **@AshleyAnnMorris:** Who else is chilling outside SSC
- **@Styeilles:** Found some great items for sale. I think I'm gonna buy the Anne Murray tapes. #ldnont, #forsale, #helloits2011
- **@The_Lnk:** My favourite LTC experiences are when the bus is 15 min late and then decides to not let anybody on. #LdnOnt
- **@mambolica:** Woo, the Piping Kettle at the Market has Butternut Squash! Om nom nom. #LdnOnt
- **@sweetstellas:** When is the #KennedyFamily pumpkin display this year? #ldnont

Synopsis

Ren (Kenny Wormald) is a big city kid forced by circumstance to move to the small town of Bomont, Ga., where dancing is outlawed. Ren, a former gymnast and dancing fool, challenges the law, butts heads with the local preacher (Dennis Quaid) and falls in love with the minister's daughter Ariel (Julianne Hough). Will the town lift the ban? Will the love birds ever get to break dance in public?

Ratings:
Richard: ●●●●
Mark: ●●●

Reel Guys

RICHARD CROUSE & MARK BRESLIN

SCENE@METRONEWS.CA



► Kenny Wormald, left, and Miles Teller star in Footloose.

Country-fried fun

► Footloose redux grittier than expected, with stars Kenny Wormald and Julianne Hough shining on the dance floor ► But in the end, it's still full of cheese

Richard: Mark, Footloose is grittier than you would imagine a movie starring Ryan Seacrest's girlfriend to be. The slickness normally associated with contemporary teen fare is mostly missing here, replaced with the steamy Southern feel that permeates director Craig Brewer's other films. You won't hear a line like, "You're sexier than socks on a rooster," in any of the Twilight movies.

Mark: Yes, Richard, the best thing about the movie is its authentic country-fried details. It doesn't condescend to its blue collar characters and that's to its credit. I thought the original was

dated way back in the '80s. Now, in an Internet world, the town that banned dancing would have been ridiculed all over America and the American Civil Liberties Union would have filed suit immediately. And why did the town ban teen dancing when the real problem was teen drinking?

RC: Because then the movie would have to have been called Intervention, and that's a whole different story! Rebooting a well-loved classic is a tricky business. There are slight changes, Ren is now from Boston instead of Chicago, the tractor game

of chicken from the original is now a bus race and the dancing has been updated but the upbeat rebellious core (and most of the songs) of the '84 movie is intact.

MB: Speaking of dancing, I wish there had been more of it. The first dance scene in the parking lot had nice energy, Kenny Wormald's solo when he dances off his anger in the warehouse was riveting, but then it takes a long time to get to the big finale, which I thought was a dud. The movie should have gone craaaaaaazzzzzy at that point, but everyone, including the choreogra-

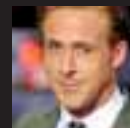
pher, was on their best behaviour. And what did you think of the acting?

RC: I thought Wormald and Hough shone the brightest when they are in motion on the dance floor — which isn't often enough — but Miles Teller as Willard (played by Chris Penn in the original), Ren's dance-challenged best friend steals the show on and off the dance floor.

MB: You could not be more right. Teller has the looks and presence of a young John Cusack. But in the end, it's still a cheesy flick, even if this remake takes it from mild to medium cheddar.

2 scene

Scene in brief



A Michigan woman is suing the distributor of the Ryan Gosling film Drive because the film wasn't what she expected based on its marketing. Sarah Deming is suing the film's distributor, FilmDistrict, and Emagine Novi Theater because the movie "bore very little similarity to a chase, or race action film." **METRO**



Harry's legacy: Potter studio near London to open to public



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Movie reviews

See it twice 🌐🌐🌐🌐 | See it now 🌐🌐🌐 | Worth watching 🌐🌐 | Yawn 🌐 | Don't bother 🌐

The Big Year**Genre:** Comedy**Director:** David Frankel**Stars:** Jack Black, Steve Martin, Owen Wilson

🌐🌐🌐½

Take ambition, intrigue, passion, backstabbing, dastardly deeds and greed on a massive scale, add laughs, set it in the world of competitive bird watching and

you have The Big Year. Audience faves Black, Martin and Wilson embark on the yearlong competition to score the most species sightings, in a strangely fascinating, insightful and funny road trip. Frankel brings Marley-and-Me heart and The-Devil-Wears-Prada sass to this unexpected gem, based on Mark Obmascik's book. **ANNE BRODIE**

**The Thing****Genre:** Horror**Director:** Matthijs van Heijningen Jr.**Stars:** Mary Elizabeth Winstead, Joel Edgerton

🌐🌐🌐

Classic sci-fi thriller The Thing gets its first makeover in nearly 30 years in this updated prequel about a replicating alien killing off stranded scientists in re-

mote Antarctica. While the film delivers serviceable respect to John Carpenter's 1982 version with exemplary use of scenery, effects and a strong lead in Mary Elizabeth Winstead (Final Destination 3), the outcome is relatively predictable and the plot points somewhat transparent.

● STEVE GOW

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All swashed up

- ▶ The Three Musketeers return but this time in 3D
- ▶ Movie 'doesn't take itself seriously': Orlando Bloom



"All for one, and one for all!" — that ageless motto, evoking 17th century swashbuckling Frenchmen, sounds its familiar jingle yet again with the release of a new The Three Musketeers.

This time, however, we get "action fresh and modern for the younger audience", according to director and co-producer Paul W.S. Anderson, the man behind the Resident Evil saga.

"I felt that every generation ought to get its own version of The Three Musketeers — one that reflects of that particular decade," he says of the 1844 classic by Alexandre Dumas.

So in essence: a new cast, some peppy dialogue and



▶ Orlando Bloom

novel visual effects — all in trending 3D.

Anderson's "stellar ensemble cast" has some degree of critical acclaim: Logan Lerman, who leads as D'Artagnan, is coming-of-age in Hollywood, having appeared in Percy Jackson; the world-weary Musketeers are played by Matthew Macfadyen (Pride & Prejudice), Ray Stevenson (TV's Rome) and Luke Evans

(the upcoming Immortals); and Anderson's wife and cult favourite Milla Jovovich is triple-agent Milady de Winter.

Among the bad guys, Oscar-winner Christoph Waltz (Inglourious Basterds) plays the conniving Richelieu, and onetime A-lister Orlando Bloom appears as the dastardly Duke of Buckingham.

D'Artagnan and his buddy Musketeers must protect the King of France from those two maniacs.

"The movie doesn't take itself seriously," Bloom confesses. "This is a pop culture, tongue-in-cheek, irreverent, fun, 'go buy a big bag of popcorn and take a trip' version of the movie. It's not a historically accurate retelling of The Three Musketeers that the novelist wrote."

LONDON

Mustang Drive-In - London
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Dream House (14A) Fri-Sun 7:35 Tue 7:35
Footloose (PG) Fri-Sun 7:30 Tue 7:30
Moneyball (PG) Fri-Sun 9:30 Tue 9:30
What's Your Number? (14A) Fri-Sun 9:10 Tue 9:10

Hyland Cinema
240 Wharnclyffe Road
South, 519-913-0313

Rudy (STC) Sat 1
Sarah's Key (PG) Fri 1:3-7 Sat 3:10-7:10 Sun 1:3-7
Senna (14A) Fri 5 Sat-Tue 9 Wed 5 Thu 7
The Trip (STC) Fri 9 Sat 5:10 Sun 5 Mon 3-7 Tue 5 Wed 9 Thu 5

Rainbow Cinemas London
355 Wellington St., 519-434-3073

Listings not available at press time.

Western Film Room 340, UCC Building,

Crazy, Stupid, Love. (PG) Fri-Thu 7
Drive (18A) Fri-Thu 9:25
The Shining (STC) Fri 12

Wellington 8 Cinemas
983 Wellington Rd. S,
519-685-2529

50/50 (14A) Fri 7:15-9:40 Sat-Sun 1:20-3:50-

7:15-9:40 Mon-Thu 7:15-9:40
Abduction (PG) Fri 6:30-9:10 Sat-Sun 12:50-3:20-6:30-9:10 Mon-Thu 6:30-9:10
The Big Year (PG) Fri 6:50-9:35 Sat-Sun 1:10-3:40-6:50-9:35 Mon-Thu 6:50-9:35
Footloose (PG) Fri 7:50-9:50 Sat-Sun 1:30-4:10-7:50 Mon-Thu 7:50-9:50
The Ides of March (14A) Fri 6:40-9:20 Sat-Sun 1:30-3:40-6:40-9:20 Mon-Thu 6:40-9:20
The Lion King 3D (STC) Fri 7:10-9:30 Sat-Sun 1:35-4:10-9:30 Mon-Thu 7:10-9:30
Real Steel (PG) Fri 6:45-9:45 Sat-Sun 12:45-3:45-6:45-9:45 Mon-Thu 6:45-9:45
The Thing (14A) Fri 7:20-9:55 Sat-Sun 1:45-4:15-7:20-9:55 Mon-Thu 7:20-9:55

North by Northwest (STC) Sun 1 Wed 7
Real Steel (PG) Fri 4:10-6:55 Sat-Sun 12:55-4:10-6:55 Mon 7:55 Tue 4:10-6:55 Wed-Thu 7:55
The Thing (14A) No Passes Fri 4:30-7:20-10 No Passes Sat-Sun 1:40-4:30-7:20-10 No Passes Mon 7:20-10 No Passes Tue 4:30-7:20-10 No Passes Wed-Thu 7:20-10 No Passes Fri 4:20-7:35 No Passes Sat-Sun 1:40-4:20-7:35 No Passes Mon 7:30 No Passes Tue 4:20-7:30 No Passes Wed-Thu 7:30

SilverCity London
1680 Richmond St, 519-673-4125

50/50 (14A) Fri-Thu 1:20-4:10-7:25-10:20
The Big Year (PG) No Passes Fri-Thu 1:35-4:15-6:50-9:30
Contagion (PG) Fri 1:25-4:05-6:40-9:40 Sat 6:40-9:40 Sun-Thu 1:25-4:05-6:40-9:40
Courageous (STC) Fri-Wed 1:05-4:10-7:10-10:10 Thu 1:05-4:10-10:10
Dolphin Tale (G) Fri-Thu 1
Dolphin Tale 3D (G) Fri-Thu 3:45-6:35-9:20

Footloose (PG) Fri-Thu 1:10-4:55-10:40-12:20-2:00-5:50 Wed 4:20-7:20-9:50 Thu 1:30-4:20-7:20-9:50 Star & Strollers Screening Wed 1

The Lion King (STC) Fri-Thu 1:50
The Lion King 3D (STC) Fri-Sun 4:25-6:45-9:10 Mon 4:25-9:10 Tue-Wed 4:25-6:45-9:10 Thu 4:25-7:10

The Metropolitan Opera: Anna Bolena Live (STC) Sat 12:55
Moneyball (PG) Fri 12:50-3:50-7:10-10:05 Sat 12:50-3:50-7:10-10:05 Sun-Thu 12:50-3:50-7:10-10:05
Paranormal Activity 3 (STC) Thu 12:01
Peter Gabriel: New Blood Orchestra in 3D (G) Mon 7
Real Steel (PG) Fri-Thu 12:55-3:55-7:05-10:15
The Thing (14A) No Passes Fri-Thu 1:30-4:10-7:30-10:25
What's Your Number? (14A) Fri-Tue 1:40-4:15-7:15-9:55 Wed 4:15-7:15-9:55 Thu 1:40-4:15-7:15-9:55 Star & Strollers Screening Wed 1

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Kutcher expecting to see divorce papers

► Demi Moore consulting with attorneys after cheating rumours surface

Ashton Kutcher is reportedly "expecting" Demi Moore to file for divorce after Sara Leal went public with details of her night with the Two and a Half Men star, according to Radar Online.

"Ashton is absolutely gutted. Ashton had confessed his sexual relationship with Sara to Demi after it happened," a source says.

"She's currently consulting with divorce attorneys. Ashton doesn't want her to file for divorce, and is hoping they can work it out. However, Ashton expects that Demi will likely file. Ashton was hoping that Sara wouldn't give any in-



► Ashton Kutcher

"She's currently consulting with divorce attorneys. Ashton doesn't want her to file for divorce, and is hoping they can work it out."

ASHTON KUTCHER

terviews about their sexual encounter, but now she's spilling all the seedy details and it doesn't help matters at all."

The pair have been on the rocks all year as rumours of mutual infidelity have continued to surface over and over again.

● METRO

Talking points

Reynolds stirs up the Gossip with a new Girl

TESTING THE WATERS. Blake Lively and Ryan Reynolds are reportedly "trying out" dating now that both are single, according to Us Weekly.

Lively had previously travelled to Boston, where Reynolds is filming, and now Reynolds has returned the favour, visiting the Gossip Girl set in New York.

"They hugged and then got in a car together," a source says of the visit. "They became good friends on the set (of Green Lantern). Now they're both single and trying it out. They're seeing each other casually."

● METRO

Garner to pop out another kid

MORE FUTURE AVERAGE ACTORS COMING Ben Affleck and Jennifer Garner are expecting their third child, and sources tell Life & Style that it will be their first boy.

Affleck is reportedly thrilled to have a "little sports buddy," the source says. "He can't wait to take his son to baseball games and play catch with him."

As for Garner, she "feels like she won't know what to do. She's close to her two sisters, and her instincts were spotted on with the girls. But she never had a brother and doesn't know the drill."

● METRO

Swank claims ignorance

WE BELIEVE HER Hilary Swank is very, very sorry about attending a birthday party for Chechen president and accused human rights violator Ramzan Kadyrov earlier this month, according to the Associated Press.

"I deeply

Celebrity tweets



@plermorgan
"Just got charged \$3 and one cent for a coffee at San Francisco airport. And I had just \$3 on me. Why the bloody one cent?"



@Joan_Rivers
"Let's all stop speculating about Ashton and Demi. We have no idea what those two are going through...aside from puberty and menopause."

@KChenoweth

"Hi all! On the elliptical. I'd rather swallow tacks."



@SethMacFarlane
"Was just in the bookstore--there is an entire section labeled 'Teen Paranormal Romance'. This is why the other countries are beating us."

regret attending this event. If I had a full understanding of what this event was apparently intended to be, I would never have gone," Swank says in a statement.

The Oscar-winning actress claims the invitation was for a concert and made no reference to Kadyrov's birthday. Jean Claude Van Damme also attended the event.

● METRO



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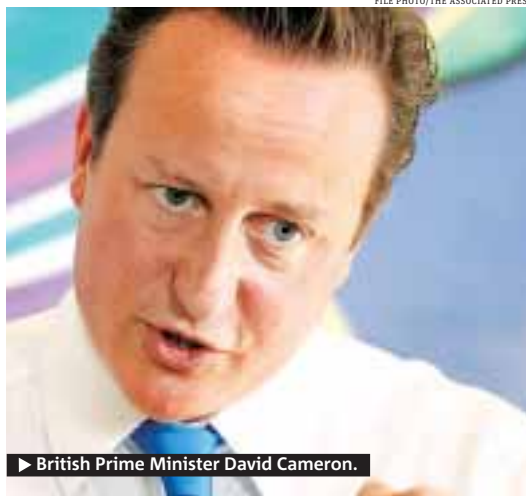


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► British Prime Minister David Cameron.

Britain's King of Queens problem

British Prime Minister David Cameron is working to change a law to ensure that if Prince William's first-born child is a girl, she can still be Queen, according to People magazine.

Currently, if William and Kate's first child is a daughter but their second is a son, the boy would inherit the throne.

"We espouse gender equality in all other as-

**"We espouse
gender equality in
all other aspects of
life"**

BRITISH PRIME MINISTER DAVID CAMERON

pects of life, and it is an anomaly that in the rules relating to the highest public officer we continue to enshrine male superiority," Cameron wrote in a statement. ● METRO

Complement Chinese food

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

Even though it's been making wine since around 5,000 B.C., as a culture China's always been about the food, so its population never embraced the art of combining liquids and solids with the enthusiasm of their counterparts elsewhere.

Since Chinese food is a combo of sweet, sour and spicy, finding wines to work with everything on your plate is about as easy as keeping a straight face when someone tells you he or she likes the Charlie Sheen-less Three And A Half Men.

My pick is something soft with a touch of residual sweetness like a German riesling. Off-dry sparkling and rosé wines work, too.

If you want the hottest Asian food marriage, fill your glass with Moscato. Originally Italian, American upstarts like the non-vintage Barefoot Moscato (\$7.99 - \$11.99) take all the round, lightly-sweet fruit of the muscat grape and massage it into a perfectly plush, tropically-influenced (and not too boozy) companion for any Chinese menu.

PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



► This recipe makes two to four servings.

Cook like the Quons

► The family behind The Lingnan restaurant, and stars of the The Quon Dynasty, share Black Bean Chicken and Barbecue Pork Fried Rice recipes

Loved by its customers, the Lingnan restaurant in Edmonton is cosy and elegant but quaintly out of date. The Quon Dynasty follows the family's adventures through a realm power struggles, sibling rivalry and egg rolls.

Black Bean Chicken

This recipe has been popular at the Lingnan since the 1970s. The family makes its own black bean garlic sauce, but you can find it at any good Chinese grocery, and even at some regular supermarkets.

Black bean sauce is popular in Cantonese cooking. Try adding a teaspoon or two to your own stir-fries. And, if you enjoy this recipe, try substituting beef or shrimp for the chicken, or try different vegetable combos. Chinese cooking should be fun!

Preparation:

1 Blend together seasonings, except the 1 tbsp oil. Coat chicken with the seasonings; then, stir in the oil. Marinate at least 15 minutes.

2 Heat 3 tbsp oil in pan. Fry chicken until cooked. Strain and set aside.

3 Heat 2 tbsp oil. Add black bean sauce and onion. Stir-fry until it

smells good (about 2 minutes). Add peppers, celery and carrots, and stir-fry until onions are soft. Add chicken and cooking wine. Mix well. Add in 1 tsp. sugar, ½ tbsp oyster sauce, white pepper and sesame oil. Pour in chicken stock. When sauce boils, thicken with cornstarch mixture. (1 tsp cornstarch and 1 tsp water).

Ingredients:

Chicken seasoning

- 1 tsp powdered chicken broth mix
- 1 tsp light soy sauce
- 1 tsp oyster sauce
- ½ tsp sugar
- 1 tsp cornstarch
- 2 tbsp water
- Dash of black pepper
- 2 drops sesame oil

- 1 tbsp oil (add last)

Black Bean Sauce Chicken

- 5 tbsp oil for frying
- 14 oz boneless, skinless chicken thighs, in ½-in. cubes
- 2 tsp black bean sauce
- 1/3 small onion, coarsely chopped
- 1/3 each green and red pepper, cut into chunks

See the Quons

What

The 13-part half-hour series showcases the Quon family's ongoing quest to build the family business: The Lingnan Restaurant.

Where and when

The Quon Dynasty premieres Oct. 16 on Citytv.

RECIPE COURTESY OF THE QUON DYNASTY

- 1 stalk celery, sliced
- 5-6 slices carrot
- 1 tsp cooking wine
- 1 tsp sugar
- ½ tsp oyster sauce
- dash each white pepper
- dash sesame oil
- 4 oz chicken stock, canned
- 1 tsp cornstarch dissolved in 1 tbsp water, for thickening



► This recipe makes three to four servings.

Barbecue Pork Fried Rice

Fried rice has been a popular dish at the Lingnan since it first opened in the 1940s. You can also make fried rice using beef, shrimp or chicken, and with vegetables like peas or mushrooms.

Preparation:

1 Beat eggs, salt and white pepper. Heat 1 tbsp oil in non-stick pan and scramble eggs. Set aside.

2 Fry barbecue pork for a minute or two and set aside.

3 Heat pan with 2 tbsp oil. Fry small onion until translucent. Add rice and stir-fry until it 'dances' in the pan.

4 Stir in 2 tsp chicken broth mix, 1 ½ tsp light soy sauce and 1/8 tsp

salt. Sprinkle with drops of water. Stir-fry until it smells good.

5 Add eggs, pork and stir-fry for another few minutes. Add green onions and serve. **RECIPE COURTESY OF THE QUON DYNASTY**

Ingredients:

- 3 eggs
- ½ tsp salt
- dash white pepper
- 3 tbsp oil
- 4 oz cooked barbecue pork, diced (from Chinese barbecue, or barbecue counter in Chinese

- supermarket)
- ¼ small onion, chopped
- 3 ½ cups cooked rice (day-old works best)
- 2 tsp powdered chicken broth mix
- 1 ½ tsp light soy sauce
- 1/8 tsp salt
- 2 stalks green onion, chopped

Meet the family



This family is full of characters. Check them out.

• **Kinman Quon:** Father, Lingnan owner, defender of tradition.

• **Amy Quon:** Mother, Lingnan hostess, bossy, irrepressible.

• **Miles Quon:** Eldest sibling, Lingnan manager, aspiring empire builder.

• **Mandy Quon:** Daughter, Lingnan weekend hostess, family princess.

• **Marty Quon:** Family "slacker", Lingnan waiter, schemer.



Travel to another part of Asia with this Spicy tuna pad Thai dish.

4 sports

Quoted



"It's a big step ... it's a big one and we'll see how things go."

SIDNEY CROSBY, THE PENGUINS STAR HAS TAKEN ANOTHER STEP FORWARD IN HIS RECOVERY FROM A CONCUSSION, AS DOCTORS CLEARED HIM FOR CONTACT PRIOR TO THURSDAY'S MORNING SKATE AT CONSOL ENERGY CENTER IN PITTSBURGH.

Tigers save their season

► Verlander strikes out eight Rangers, Delmon Young hits two home runs in win over Texas

LEON HALIP/GETTY IMAGES

7	5
TIGERS	RANGERS



► Tigers ace Justin Verlander pitches against the Rangers on Thursday.

Justin Verlander helped save Detroit's season with a gutsy effort and the Tigers hit for a sudden cycle to break away from Texas in a 7-5 victory Thursday that cut the Rangers' lead to 3-2 in the AL championship series.

Delmon Young hit two of Detroit's four homers and Miguel Cabrera had a tiebreaking double in the sixth inning — thanks to a bizarre bounce off third base. After building a five-run cushion, the Tigers held off Texas despite Nelson Cruz's record fifth home run of the series.

With closer Jose Valverde unavailable for Detroit, the Rangers cut it to 7-5 in the ninth and had Cruz on deck when Phil Coke retired Mike Napoli on a game-ending ground-out with two runners on.

Coke got five outs for his first career post-season save.

The Rangers get another chance to reach the World Series for the second straight season in

Game 6 Saturday night at home. Derek Holland will start for Texas against Max Scherzer.

Verlander allowed four runs and eight hits in 7½ innings, throwing a career-high 133 pitches. He struck out eight and walked three.

"I want the ball. I want to go as deep as possible," Verlander said. "It was a battle for me, all night."

Verlander reached 100 mph on the stadium radar gun with pitch No. 133.

Cruz, however, caught up to that fastball and sent it down the left-field line for a two-run homer, chasing Verlander and setting a record for homers in a league championship series.

Cruz became the fifth player to hit five homers in a post-season series. Reggie Jackson, Ken Griffey Jr., Juan Gonzalez and Chase Utley were the others.

After winning 24 games and leading the American

League in ERA and strikeouts, Verlander hadn't had much of a chance to shine this post-season. Two of his first three playoff starts were ended early by rain delays.

A swift turn of events in the sixth helped Detroit pull ahead. The Tigers turned a bases-loaded double play to keep the score tied at 2, then opened the bottom half with a single, double, triple and homer — in order — to take a 6-2 lead.

It was the first time four consecutive batters on one team hit for a "natural" cycle in a post-season game, according to STATS LLC.

"The Detroit Tigers are here for a reason. Tonight their backs were against the wall. They did what they had to do — catching a break included," Texas manager Ron Washington said. "Now we go home. We still feel good about ourselves."

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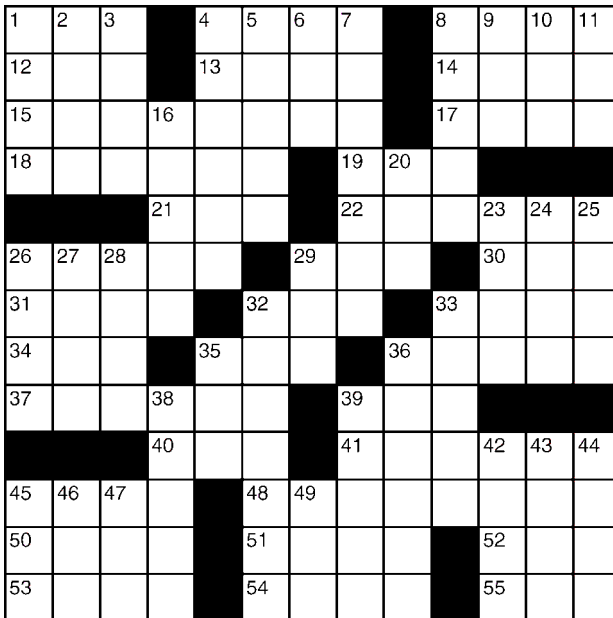
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Crossword

Across

1 Cleo's slayer
4 Not many
8 Manufactured
12 Debtor's letters
13 Continental coin
14 Teen's skin woe
15 Tyrannize
17 "Let's Make a —"
18 Tooth coating
19 Spectra automaker
21 Faux —
22 Part of A.D.
26 Seethes
29 Prohibit
30 Moines lead-in
31 Bohemian
32 Festive
33 Dog bane
34 Born
35 Understood
36 Toboggans
37 "Blueberry Hill" singer
39 Whatever number
40 Pie ingredient?
41 Praying bug
45 "— and Circumstance"
48 "The Two Mrs. Grenvilles" author
Dunne
50 Actress Falco
51 Kazakhstan's — Sea
52 Mainlander's memento
53 Healthy
54 Longings
55 Recipe meas.
Down
1 Helper
2 Any minute now
3 Cougar
4 Son of Aphrodite
5 Gas, oil, et al.
6 Before
7 9-to-5 period, e.g.
8 Sir's counterpart
9 Expert
10 "CSI" evidence
11 Lamprey, for one
16 Suggest
20 Charged bit
23 Between jobs
24 Gotta have
25 "Handsomeness — ..."
26 Musical combo
27 Sandwich cookie
28 Particular
29 Cudgel
32 Farewell address?
33 Swashbuckling movie star
35 Wildebeest
36 Escargots
38 Urge on
39 Jordan's capital
42 Pinball no-no
43 Clinches
44 Omnit
45 Church seating
46 Idolater's writing
47 Wire measure
49 Galena, for one



Yesterday's answer



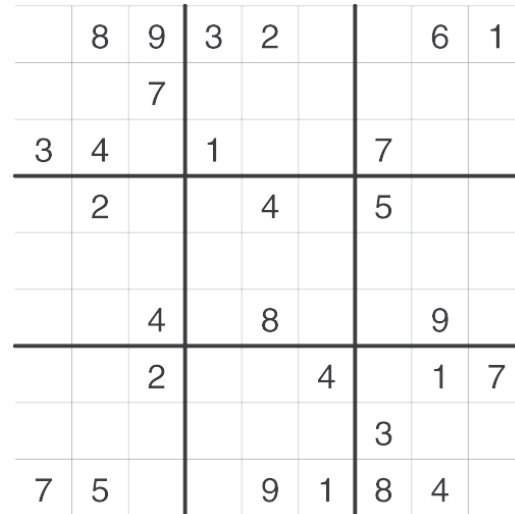
Today's horoscope

♈ Aries March 21-April 20 Confront whatever it is you fear most and find ways to overcome it.
♉ Taurus April 21-May 21 Tempers could be on the short side over the next 24 hours, especially if people keep changing their plans.
♊ Gemini May 22-June 21 Don't waste your energy on someone who seems determined to give you a hard time. Let him or her go.
♋ Cancer June 22-July 22 Just because you see things clearly does not mean others do. There will be times today when it seems as if the whole world is blind. Enlighten it.

♌ Leo July 23-Aug. 23 Not everything will go your way today but overall the forecast is good, so ignore the little negative things.
♍ Virgo Aug. 24-Sept. 22 Even if you are the rare Virgo who likes surprises, what happens today won't meet your approval.
♎ Libra Sept. 23-Oct. 23 It's good that you're the forgiving sort because someone will try your patience today. Use humour to deal.
♏ Scorpio Oct. 24-Nov. 22 There will be a string of disruptions today but you won't be as inconvenienced as some people.

♐ Sagittarius Nov. 23-Dec. 21 Keep your schedule flexible as unexpected developments will throw everything off course.
♑ Capricorn Dec. 22-Jan. 20 You will discover something new about a friend today. It may shock you but you will also be impressed.
♒ Aquarius Jan. 21-Feb. 18 Expect a few surprises today. If you keep your wits about you, they'll be turned in your favour.
♓ Pisces Feb. 19-March 20. Hold on to your purse because cash has a way of slipping through your fingers. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

7	1	5	4	8	2	9	6	3
8	4	9	3	6	7	5	2	1
6	3	2	5	9	1	7	4	8
2	5	1	9	7	6	3	8	4
9	6	4	2	3	8	1	7	5
3	8	7	1	5	4	6	9	2
4	2	3	7	1	9	8	5	6
1	7	8	6	2	5	4	3	9
5	9	6	8	4	3	2	1	7

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Boat

Pl. don't hesitate to call me or just drop by. Stay calm, I am always here to help sweetie. **LIGHTHOUSE**

Sparty

Saw these being published in the paper and thought I'd write one to you. I hope you have an amazing day because you're an amazing person, and I hope this makes your day just that much better! **SUE**

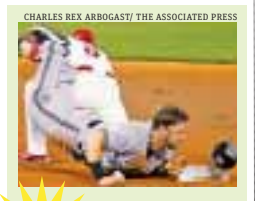
M.J. aka Rockstar!!

Happy Birthday Babe!! Hope you have a wonderful day. I love you xoxo. **N.G.**

Tink, It has taken a lifetime of mistakes until we finally met. You are the woman of my dreams, my rock, my best friend. Never doubt my commitment to you, our family and new lifelong commitment. We are strong together. Thank you for having me. Xo~ **REX**



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LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Montreal, Quebec – While fuel isn't on the menu, fun definitely is. With a shockingly powerful, ridiculously fuel-efficient turbo engine, the super city savvy 2012 Chevrolet Sonic only stops for one thing; a good time.



1. Removed windshield washer nozzle on 2012 Chevrolet Sonic hood 2. Removed purse in store window behind the 2012 Chevrolet Sonic 3. Added flower to bed of flowers around tree 4. Removed street light fixture in the window of green painted store 5. Inverted red and white colours on Cafe awning 6. Changed colour of the seat to black 7. Removed store name above the store behind the 2012 Chevrolet Sonic 8. Shifted mailbox up 9. Removed light fixture behind the 2012 Chevrolet Sonic 10. Added reflector to passenger side of 2012 Chevrolet Sonic



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[†]On selected products only, from October 14-20, 2011. Only available at Metro locations in London, Ontario, excluding St. Thomas store. Excludes tobacco products, Western Union, lottery, transit tickets, gift card purchases, prescription, prescription services and other professional pharmacy services. Some conditions apply. See in store for full details. ^{††}Bonus AIR MILES[®] reward miles available on selected products from October 14-16, 2011 at the LCBO. While quantities last. Offer subject to change without notice. See store for details. ^{†††}Offer valid until October 23, 2011 on selected products only at all participating RONA stores. Bonus offer coupon must be presented at time of purchase. Certain conditions apply. Selection may vary by location and some products may only be available on special order at some stores. Lifestyle pictures are for display purposes only. Details in store. [‡]On selected products only, from October 14-27, 2011. Offer valid at Participating Rexall[™] and Rexall[™] Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and Western Provinces. Offer subjected to change without notice. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. ^{‡‡}Offer valid until December 4, 2011, at participating Shell locations. Minimum \$40 Shell V-Power[®] fuel purchase required per transaction to earn the 10x offer. Minimum \$40 Shell Bronze, Silver or Shell Diesel fuel purchase required per transaction to earn the 3x offer. One Bonus offer per transaction. Maximum number of reward miles per transaction is 290. [®]Trademark of Shell Brands International AG. Used under license. [†]10 Bonus AIR MILES reward miles offer applies to each qualifying purchase of a minimum of \$50 at participating Metro Inc. (in London only), LCBO, RONA, Rexall/PharmaPlus and Shell Canada locations in Ontario (excluding Thunder Bay) charged to your BMO AIR MILES MasterCard (excluding BMO AIR MILES MasterCard for Business and BMO Gold AIR MILES MasterCard for Business) between 12:01 am on October 14, 2011 and 11:59 pm on October 16, 2011. Your BMO AIR MILES MasterCard transaction must be posted to your BMO AIR MILES MasterCard account by October 31, 2011. AIR MILES Super Bonus Event Bonus reward miles will be credited to your AIR MILES Collector Account up to 90 days after October 31, 2011. You may only receive one 10 Bonus reward miles offer per qualifying purchase. Your BMO AIR MILES MasterCard account must be in good standing. AIR MILES reward miles will be earned on the amount of all eligible purchases, less credits and returns. [®]Registered trademark of Bank of Montreal. ^{***}Registered trademark of MasterCard International Incorporated. [™]Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsor or authorized for their use in Canada.